# Peel's Virtual Professional Learning Day - Reflective Guide

**Friday, October 23, 2026**
**8:30am-3:15pm**

## Introduction

This *Reflective Guide* supports participants in Peel's Virtual Professional Learning Day as they engage in critical reflection, co-reflection and collaborative inquiry with peers. While designed for group participation, it can also be used individually.

*"The most valuable resource that all teachers have is each other. Without collaboration, our growth is limited to our own perspectives."*

- Robert John Meehan, author, educator and poet

This guide may be shared with participants before the event. The activities and recommendations are optional and can be adapted to meet the needs of your group. You will find co-reflection guidelines, tips for group facilitators and questions to spark meaningful dialogue and professional learning. Taking time to reflect on session content can strengthen collective learning and inform professional practice.

**Co-reflection guidelines**
Work through the reflection questions and discussion prompts together. You may use them during breaks or lunch or revisit them at a future team meeting to extend learning and practice.

- Select a group facilitator to guide the discussion and help ensure everyone has an opportunity to contribute.
- Identify someone to capture key insights and reflections.
- Approach discussions with openness, respect and professionalism. Create space for participants to share ideas, questions and experiences without judgment, while upholding principles of diversity, equity and inclusion.
- Use the prompts as a guide and allow space for meaningful conversations that may emerge naturally.

**Supporting group reflection**

Early childhood professionals supporting group reflection can;

- Encourage participants to consider how they learn best in a group setting.
- Guide focused discussions while welcoming diverse perspectives.
- Foster an environment where participants feel safe, respected and comfortable contributing.
- Use follow-up questions to deepen reflection and explore connections.
- Support participants in linking new learning to their practice with children, families and communities.

**Reflection questions**

1. What part of today's learning challenged your thinking the most?

2. What is one idea from today that you would like to explore further with your team?

3. How does today's learning connect to the needs and experiences of the children, families, and communities you support?

4. What is one takeaway from today that you hope to remember and use in your work over the next six months?

Thank you so much for your participation.

*CDRCP and Peel Region thank you for participating in this event. We hope you leave feeling inspired, energized and motivated to continue your professional learning journey.*

*Please continue using this guide to support reflection, spark meaningful conversations and deepen learning with your team.*

*Thank you for your ongoing dedication to the early years sector. Your work makes a meaningful difference in the lives of children, families and communities every day.*

*This event is presented in collaboration with Peel Region and Child Development Resource Connection Peel (CDRCP) and recognizes the funding contribution of Peel Region.*